



30th January 2018

JANUARY BRACKNELL MAILING

Dear Member,

Happy New Year to you all. We have moved to our new office in Bracknell. **Our new address is: The Court House, Broadway, Town Square, Bracknell, RG12 1AE.** Our telephone number remains the same: **0300 777 8539.**

20th Anniversary Ball



Our **Anniversary Ball** has been arranged for **Saturday 5th May 2018** at Hilton St. Anne's Manor, Wokingham. The money raised at the Ball will go towards keeping our social groups for adults running. Although we have started to charge to attend these groups, the charges do not cover the total running costs so we still have to fundraise to subsidise them. **We need you** to get together with friends and buy a table for 10 people or just buy tickets for yourself and we can seat you on one of the tables. This will be a great night out and a chance to dress up in your posh frocks. Tickets are **£55** per person and will include:

- A glass of sparkly on arrival while you are dazzled by the close up magic of Kerry Scorch
- A delicious 4-course meal with half a bottle of wine each
- Auctions – live and silent
- A great raffle
- Live music from 'Flashback' who recapture all the excitement of the golden age of Swing and Rock'n'Roll featuring the iconic hits of the 1940s and 1950s.

The evening will be compered by Rainer Hersch, the hilarious international Comic Conductor

We will be selling tables of 10, so you could either get together with a group of friends and book table of 10 or come on your own or with a partner and we can seat you. A booking form is attached. We look forward to seeing you at what will be a fabulous event that will also help raise much needed funds for our charity – bring your dancing shoes!

We also need you to ask family and friends if they work for a company that would give us a prize e.g. Dinner for 2 at a restaurant, a game of Golf, oven cleaning, baby sitting, a manicure, a hairdressing voucher etc. that we can use either as an auction prize – live or silent, or a raffle prize. Please help us if you can. The more prizes we get, the more money we can raise on the night.

Wokingham, Bracknell & Districts Mencap

The Court House
Broadway
Town Square
Bracknell
Berkshire RG12 1AE
Tel: 0300 777 8539

admin@wokinghammencap.org
www.wokinghambracknellmencap.org

Interim Chair
Ray Clarke

Joint Chief Executives
Mary Durman
Heather Young

Celebrating our 20th Anniversary

A Local Charity supporting Local People to be included in their Local Communities

Affiliated to but not funded by Royal Mencap Society



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: **Could YOU be a trustee?**

: We need trustees to run this amazing charity that provides support to children and adults with a learning
: disability/autism spectrum condition, their carers and families across the Boroughs of Wokingham and
: Bracknell. We cannot run this organisation without trustees. We are looking to appoint trustees to
: strengthen the expertise of our board and to help meet the challenges of delivering its strategy of growth. Of
: particular value would be expertise in one or more of the following fields:

- Marketing
- Project Management
- IT
- Fundraising
- HR

: Understanding of legal duties, responsibilities and liabilities of trusteeship of a charity would be an
: advantage, but training will be provided. In accordance with the Charity Commissioner's regulations, no
: remuneration is payable for these positions, but expenses will be reimbursed. If you can commit to up to 6
: evenings and a few days per year to keeping this vibrant organisation running, please contact the Chief
: Executives at admin@wokighammencap.org attaching a full CV or telephone Heather or Mary on 0300 777
: 8539 for an informal chat.
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NEWS AND EVENTS FOR CARERS

Carers Coffee Morning

The next carers' meeting will be a coffee morning on **Thursday 15th February** from 10.00am to 12.00noon at the Court House, Broadway, Bracknell (opposite Easthampstead House). If there is no buzzer marked Wokingham, Bracknell & Districts Mencap then please press the one marked involve to be let into the building.

NEWS AND EVENTS FOR CHILDREN

Smiles for Sibs Club

The **Smiles for Sibs Club** runs weekly during term time on **Thursday evenings from 4.30pm-6.15pm** at Braybooke Community Centre and costs just £1 a session. There are spaces at the group for new children. Lynn Nicholas runs this group and can be contacted on 07929 114324 or contact the office on 0300 777 8539.

NEWS AND EVENTS FOR ADULTS

Bracknell Social Group

This group meets in different venues in the Bracknell Borough every Tuesday and is open to anyone over the age of 18 with a learning disability.

The activities in February will include:

- **Tuesday 6th February – 7.00-9.00pm at Pizza Hut**
- **Tuesday 13th February – 7.00-9.00pm for Pool and Darts competition at the Bridge**
- **Tuesday 20th February – 7.00-9.00pm Bowling at Hollywood Bowl**
- **Tuesday 27th February – 7.00-9.00pm – our own Pub Quiz at The Running Horse**

Chris Ward runs this group and can be contacted on 07557 231360 or by email at chris@bracknellmencap.org. *Please remember that all activities **must be booked in advance** and there may be limited availability. Please note that there is a £3 a week charge to attend this group which is invoiced quarterly. This charge helps to fund staffing for the group.*

TGIF/Friday Alternative

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism. The group meets 3 times a month on the first and second Wednesdays and the last Friday.

In February the next meetings are:

- **Wednesday 7th February – Wokingham Super Bowl at 7pm.** £9.95 for 2 games.
- **Wednesday 14th February – Nandos Chicken Restaurant, The Lexicon at 7pm.** £18.00-£25.00
- **Friday 23rd February – The Olde Leathern Bottel, Wokingham.** £15.00-£25.00

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org, or phone/text 07929 114179. **Please note that there is an annual charge of £60 to attend TGIF/Friday Alternative. This can be paid in 2 instalments. This fee helps to cover the cost of staffing the group.**

Gateway

Our new Gateway Co-ordinator, Katherine Sephton, has started employment with us and is currently learning about the project and making preparations to get the project up and running again. In due course she will contact individuals who were taking part in Gateway when the project had to be suspended and a date to re-start the group will be arranged. It is hoped to then also open up the project to new participants.

NEWS FROM OTHER GROUPS

HEALTHMAKERS

Are you living with a long term physical health condition? Do you want to learn how to self-manage your condition better? Free NHS Self-Management Courses are now available for people living in Bracknell and Ascot, Windsor, Maidenhead and Slough:

	Time	Venue
Six week course dates		
Monday 15th January – Monday 19th February	1.00pm – 4.00pm	Bracknell Open Learning Centre Rectory Lane, Bracknell. RG12 7GR
Monday 15th January – Monday 19th February	1.00pm – 4.00pm	Larchfield Community Centre Desborough Park, Off Desborough Crescent, Maidenhead SL6 4BB
Monday 15th January – Monday 26th February (no session on 12/2/18)	5.30pm – 8.00pm	Slough Aspire, 350 Edinburgh Avenue, Slough Trading Estate, Slough, SL1 4TU
Wednesday 21st February – Wednesday 28th March	1.00pm – 4.00pm	Owlsmoor Community Centre Yeovil Road, Sandhurst GU47 0TF
Wednesday 21st February – Wednesday 28th March	1.00pm – 4.00pm	Langley Pavilion Community Centre Langley Road, Slough SL3 8BS
Wednesday 21st February – Wednesday 28th March	1.30pm – 4.30pm	Windsor Youth and Community Centre Alma Road, Windsor SL4 3HD

For more information and to register your place: Email: HealthMakers@berkshire.nhs.uk or telephone 01344 415947

MEET THE HEALTH TEAM

Come along and meet your local Health Team for people with learning disabilities on Tuesday 27th February from 12.30pm to 3.30pm at The Café, The Open Learning Centre, Rectory Lane, Bracknell RG12 7GR. There will be free tea, coffee and biscuits and there is free parking at the Open Learning Centre. If you would like to come and meet the team, please let us know on 01344 354466.

ROYAL MENCAP SOCIETY – MENCAP DIRECT

Mencap Direct has changed to the Learning Disability Helpline. They're still available as normal, from 9am to 5pm, Monday to Friday. You can phone 0808 808 1111 or email helpline@mencap.org.uk and they'll get back to you. The Learning Disability Helpline is a free help and advice line. Advisors can offer you advice and information about learning disability and help you to find the right support and Mencap services in your area.

HEALTHWATCH BRACKNELL

Healthwatch Bracknell Forest invites you to a public meeting to hear about your local NHS system and services and how they are changing.

Do you know about the changes in the local NHS system?

- Health hubs, accountable care systems, GP forward view and sustainability and transformation partnerships are all great words but what does this mean to you locally?
- Did you know 111 is changing?
- Are you aware that more surgeries could merge in the future?
- What will Heatherwood Hospital actually deliver?
- Will Health and Social Care work together with one pot of money to deliver systems?

Come along to our public meeting where you will find all this out and more. You will also have a chance to ask the people who are making these local decisions what it means for you.

When and Where?

Four public meetings will be held but you can attend any one as the content will be the same with a question and answer session with representatives from local NHS services. All meetings are 7pm to 9pm.

- Monday 26th February at Dedworth Baptist Church, SL4 5PE
- Wednesday 28th February at Sandhurst Community Hall, GU47 9BJ
- Monday 5th March - Easthampstead Baptist Church, RG12 7NS
- Tuesday 6th March - Sportsable Maidenhead, SL6 1BN

To Book - Call us 01344 266911 or email enquiries@healthwatchbracknellforest.co.uk

SIGNAL

Signal provides free support for adult carers who provide unpaid, informal care in Bracknell Forest. Their latest newsletter with useful information for carers can be found at:
<http://mailchi.mp/a3e66de606ab/carers-rights-day?e=6243d28da7>.

If you have any questions about anything in this mailing, please call the office on 0300 777 8539 or email admin@wokinghammencap.org.

Kind regards

Handwritten signatures of Heather Young and Mary Durman. The signature on the left is 'H Young' and the signature on the right is 'M. Durman'.

Mary Durman and Heather Young
Joint Chief Executives

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